

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 03012, Babyfood, meat, chicken, strained

Report Date: October 24, 2015 15:26 EDT

Nutrient values and weights are for edible portion.

## Food Group : Baby Foods

Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Beech-Nut Stage 1 (2.5 oz) 71g	1 jar Gerber Second Foods (2.5 oz) 71g	1 jar Heinz Strained-2 (2.5 oz) 71g
<b>Proximates</b>										
Water	g	77.50	53	0.200	11.62	21.97	55.02	55.02	55.02	55.02
Energy	kcal	130	--	--	20	37	92	92	92	92
Energy	kJ	545	--	--	82	155	387	387	387	387
Protein	g	13.70	29	0.100	2.06	3.88	9.73	9.73	9.73	9.73
Total lipid (fat)	g	7.90	30	0.200	1.18	2.24	5.61	5.61	5.61	5.61
Ash	g	0.49	--	--	0.07	0.14	0.35	0.35	0.35	0.35
Carbohydrate, by difference	g	0.10	--	--	0.02	0.03	0.07	0.07	0.07	0.07
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
<b>Minerals</b>										
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	64	28	3.000	10	18	45	45	45	45
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	1.40	29	0.050	0.21	0.40	0.99	0.99	0.99	0.99
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	13	2	--	2	4	9	9	9	9
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	97	1	--	15	27	69	69	69	69
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	141	14	--	21	40	100	100	100	100
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	49	--	--	7	14	35	35	35	35
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	1.21	27	0.056	0.18	0.34	0.86	0.86	0.86	0.86
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	0.045	25	--	0.007	0.013	0.032	0.032	0.032	0.032
Selenium, Se <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	µg	11.0	6	0.449	1.6	3.1	7.8	7.8	7.8	7.8
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	1.7	27	0.100	0.3	0.5	1.2	1.2	1.2	1.2
Thiamin	mg	0.014	28	0.000	0.002	0.004	0.010	0.010	0.010	0.010

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Riboflavin	mg	0.152	28	0.003	0.023	0.043	0.108	0.108	0.108	0.108
Niacin	mg	3.255	30	0.049	0.488	0.923	2.311	2.311	2.311	2.311
Pantothenic acid	mg	0.680	4	--	0.102	0.193	0.483	0.483	0.483	0.483
Vitamin B-6	mg	0.200	14	0.009	0.030	0.057	0.142	0.142	0.142	0.142
Folate, total	µg	3	--	--	0	1	2	2	2	2
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	3	--	--	0	1	2	2	2	2
Folate, DFE	µg	3	--	--	0	1	2	2	2	2
Choline, total <sup>8</sup>	mg	43.2	11	1.893	6.5	12.2	30.7	30.7	30.7	30.7
Betaine <sup>8</sup>	mg	11.6	11	0.437	1.7	3.3	8.2	8.2	8.2	8.2
Vitamin B-12	µg	0.40	--	--	0.06	0.11	0.28	0.28	0.28	0.28
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	6	--	--	1	2	4	4	4	4
Retinol	µg	6	--	--	1	2	4	4	4	4
Carotene, beta	µg	0	--	--	0	0	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0	0
Vitamin A, IU	IU	21	--	--	3	6	15	15	15	15
Lycopene	µg	0	--	--	0	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.04	0.07	0.18	0.18	0.18	0.18
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.0	0.1	0.2	0.2	0.2	0.2
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.0	0.1	0.2	0.2	0.2	0.2
Vitamin D	IU	11	--	--	2	3	8	8	8	8
Vitamin K (phylloquinone)	µg	1.0	--	--	0.2	0.3	0.7	0.7	0.7	0.7
<b>Lipids</b>										
Fatty acids, total saturated	g	2.030	1	--	0.304	0.576	1.441	1.441	1.441	1.441
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
12:0	g	0.000	1	--	0.000	0.000	0.000	0.000	0.000	0.000

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14:0	g	0.050	1	--	0.008	0.014	0.036	0.036	0.036	0.036
16:0	g	1.480	1	--	0.222	0.420	1.051	1.051	1.051	1.051
18:0	g	0.420	1	--	0.063	0.119	0.298	0.298	0.298	0.298
Fatty acids, total monounsaturated	g	3.560	1	--	0.534	1.009	2.528	2.528	2.528	2.528
16:1 undifferentiated	g	0.290	1	--	0.044	0.082	0.206	0.206	0.206	0.206
18:1 undifferentiated	g	3.250	1	--	0.488	0.921	2.308	2.308	2.308	2.308
20:1	g	0.020	1	--	0.003	0.006	0.014	0.014	0.014	0.014
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.920	1	--	0.288	0.544	1.363	1.363	1.363	1.363
18:2 undifferentiated	g	1.850	1	--	0.278	0.524	1.314	1.314	1.314	1.314
18:3 undifferentiated	g	0.040	1	--	0.006	0.011	0.028	0.028	0.028	0.028
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.030	1	--	0.004	0.009	0.021	0.021	0.021	0.021
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	61	--	--	9	17	43	43	43	43
<b>Amino Acids</b>										
Tryptophan	g	0.156	--	--	0.023	0.044	0.111	0.111	0.111	0.111
Threonine	g	0.615	--	--	0.092	0.174	0.437	0.437	0.437	0.437
Isoleucine	g	0.645	--	--	0.097	0.183	0.458	0.458	0.458	0.458
Leucine	g	1.058	--	--	0.159	0.300	0.751	0.751	0.751	0.751
Lysine	g	1.144	--	--	0.172	0.324	0.812	0.812	0.812	0.812
Methionine	g	0.367	--	--	0.055	0.104	0.261	0.261	0.261	0.261
Cystine	g	0.180	--	--	0.027	0.051	0.128	0.128	0.128	0.128
Phenylalanine	g	0.558	--	--	0.084	0.158	0.396	0.396	0.396	0.396
Tyrosine	g	0.439	--	--	0.066	0.124	0.312	0.312	0.312	0.312
Valine	g	0.689	--	--	0.103	0.195	0.489	0.489	0.489	0.489
Arginine	g	0.957	--	--	0.144	0.271	0.679	0.679	0.679	0.679
Histidine	g	0.415	--	--	0.062	0.118	0.295	0.295	0.295	0.295
Alanine	g	0.871	--	--	0.131	0.247	0.618	0.618	0.618	0.618
Aspartic acid	g	1.269	--	--	0.190	0.360	0.901	0.901	0.901	0.901
Glutamic acid	g	1.982	--	--	0.297	0.562	1.407	1.407	1.407	1.407

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Glycine	g	0.913	--	--	0.137	0.259	0.648	0.648	0.648	0.648
Proline	g	0.707	--	--	0.106	0.200	0.502	0.502	0.502	0.502
Serine	g	0.498	--	--	0.075	0.141	0.354	0.354	0.354	0.354
<b>Other</b>										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0

**Sources of Data**

<sup>1</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

<sup>2</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

<sup>3</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

<sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994

<sup>8</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD